



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #8

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Egg and Cheese Burrito		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole F/V, 5x fresh	Strawberries- fresh	Banana- fresh	Cantaloupe- fresh	Mixed Fruit- fresh	Oranges- fresh
Grains/Bread Component 3x Whole Grain	Cheerios cereal (WG)	Oatmeal (WG)	Whole Wheat Tortilla (WG)	English Muffin	Pancakes
Other Foods 1x Meat/MA, 1x sweet		Raisins	Eggs, Cheese	Cream Cheese	Syrup (sweet)
LUNCH	Peanut Butter Sandwich with String Cheese	Turkey Dog	Tuna Noodle Casserole	Individual Turkey Pizzas (HM)	Green Bean Casserole with Ground Beef
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Broccoli- fresh	Carrots- fresh	Celery- fresh	Zucchini- fresh	Green Beans- canned
9x fresh	Banana- fresh	Pears- fresh	Cantaloupe- fresh	Oranges- fresh	Watermelon- fresh
Grains/Bread Component 1x Whole Grain	Whole Wheat Bread (WG)	Hot Dog Bun	Egg Noodles	Biscuits	Dinner Roll
Meat or Meat Alternate 1x highly processed	Peanut Butter, String Cheese	Turkey Dog	Tuna, Cheese	Ground Turkey, Cheese	Lean Ground Beef
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Parfait	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Melon- fresh		Bananas- fresh	Peaches- fresh	Mixed Fruit- fresh
Grains/Bread Component 1x Whole Grain, 1x sweet	Graham Crackers	Wheat Crackers	Cheez Its	Kix cereal (WG)	Iced Oatmeal Cookies (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate		String Cheese		Yogurt	
Other Foods					

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Peanut Butter Toast	Ham Biscuit	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole FV, 5x fresh	Melon- fresh	Mixed Fruit- fresh	Watermelon- fresh	Pears- fresh	Apples- fresh
Grains/Bread Component 2x Whole Grain, 1x sweet	Kix cereal (WG)	Pumpkin Muffins (sweet)	Whole Wheat Toast (WG)	Biscuit	French Toast
Other Foods 3x Meat/Meat Alternate	Yogurt		Peanut Butter	Ham	**no syrup**
LUNCH	Macaroni and Cheese with Ham (HM)	Baked Spaghetti	Chicken Nuggets (CN)	Mini Meat Loaf (HM)	Lean Beef Sliders
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Cucumbers- fresh	Salad Mix- fresh	Corn- canned	Potatoes- fresh	Cherry Tomatoes- fresh
9x fresh	Peaches- fresh	Apples- fresh	Kiwi- fresh	Melon- fresh	Pineapple- fresh
Grains/Bread Component 2x Whole Grain	Elbows	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)	Dinner Roll	Hamburger Bun
Meat or Meat Alternate 1x highly processed	Cheese, Ham	Lean Ground Beef	Chicken Nuggets (CN)	Lean Ground Beef	Lean Ground Beef
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Peanut Butter Crackers			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Grapes- fresh		Oranges- fresh		Mixed Fruit- fresh
Grains/Bread Component 1x Whole Grain, 1x sweet	Sun Chips (WG) (sweet)	Wheat Crackers	Pretzels	Animal Crackers	Cheez Its
Meat or Meat Alternate 2x Meat/Meat Alternate		Peanut Butter		Yogurt	
Other Foods					

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WEEK OF Week 3

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole F/V, 5x fresh	Cantaloupe- fresh	Pineapple- fresh	Watermelon- fresh	Banana- fresh	Oranges- fresh
Grains/Bread Component 2x Whole Grain, 1x sweet	Toasted Raisin Bread	Waffles	Bagel	Whole Wheat Banana Bread (WG) (HM) (sweet)	Shredded Wheat cereal (WG)
Other Foods		**no syrup**	Fat Free Cream Cheese		
LUNCH	Grilled Cheese Sandwich	Porcupine Meatballs (HM)	Turkey Chili (HM)	Fish Sticks (CN)	Chicken and Cheese Quesadilla (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Broccoli- fresh	Carrots- fresh	Celery- fresh; Chili Beans- canned	Zucchini- fresh	Green Beans- canned
1x fresh	Watermelon- fresh	Kiwi- fresh	Cantaloupe- fresh	Oranges- fresh	Banana- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Bread (WG)	Brown Rice (WG)	Dinner Roll	Breading (CN)	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 2x highly processed	Cheese	Lean Ground Beef	Ground Turkey	Fish Sticks (CN)	Chicken, Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Banana- fresh		Melon- fresh	Mixed Fruit- fresh
Grains/Bread Component 2x Whole Grain, 1x sweet	Tortilla Chips (sweet)	Wheat Thins (WG)	Soft Pretzels	Granola Bar (WG) **not a sweet**	Chex Mix
Meat or Meat Alternate 2x Meat/Meat Alternate	Bean Dip		String Cheese		
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Biscuits and Gravy			Egg and Cheese Burrito
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole F/V, 5x fresh	Banana- fresh	Peaches- fresh	Applesauce- unsweetened	Pears- fresh	Melon- fresh
Grains/Bread Component 4x Whole Grain, 1x sweet	WG Peanut Butter Banana Muffins (HM) (WG) (sweet)	Biscuit	Oatmeal (WG)	Kix cereal (WG)	Whole Wheat Tortilla (WG)
Other Foods 1x Meat/Meat Alternate		Sausage and Gravy			Eggs, Cheese
LUNCH	Turkey Tetrazzini	Beef Nachos	Bean and Cheese Burrito (HM)	Chicken and Noodles	Turkey Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Salad Mix- fresh	Cherry Tomatoes- fresh	Corn- canned	Apples- fresh	Cucumber- fresh
9x fresh	Peaches- fresh	Melon- fresh	Pears- fresh	Potatoes and Celery- fresh	Pineapple- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Spaghetti (WG)	Tortilla Chips	Whole Wheat Tortilla (WG)	Egg Noodles	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Ground Turkey	Lean Ground Beef	Refried Beans, Cheese	Chicken	Lean Turkey
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Ants on a Log		Trail Mix	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruits/vegetable	Apples- fresh	Celery- fresh	Oranges- fresh	Mixed Fruit- fresh	Grapes- fresh
Grains/Bread Component 1x Whole Grain, 1x sweet			Animal Crackers	Pretzels, Kix cereal (WG), Cheerios cereal (WG)	Sandwich Cookies (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate	Cheese Slices	Peanut Butter			
Other Foods		Raisins- dried		Raisins	

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